



Searching The Depths Below



Photo By MCSN Brandon Wilson

Helicopter Anti Submarine Squadron Light (HSL) 47 and Helicopter Anti Submarine Squadron (HS) 2 play vital roles in the detection of underwater threats. Both squadrons were called into play during the PASSEX with the Japanese.

By MC2 MICHAEL HART

Penny Press editor

The Abraham Lincoln Carrier Strike Group (ALCSG) participated in a Passing Exercise (PASSEX) with the Japan Maritime Self-Defense Force (JMSDF) in the Western Pacific June 10-14.

This PASSEX was focused on Anti-Submarine Warfare (ASW).

"During an ASW exercise, helicopters go out and play their roles, like dropping sono-buoys," said Lt. Jim Steffen, Destroyer Squadron (DESRON) 9's submarine liaison officer. "It's DESRON's job to take all the information in and make the big picture. When it's all U.S. forces, it's easy, there's no language or equipment barrier."

To overcome such communication and equipment barriers between U.S. forces and Japanese during this exercise, the strike group participated in an officer exchange program, said Steffen.

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ALCSG Participates In Valiant Shield '06

By MC1(SW) JOAQUIN JUATAI

Penny Press staff

Abraham Lincoln Carrier Strike Group (ALCSG) is scheduled to participate in Valiant Shield '06, a joint exercise designed to strengthen the U.S. military's ability to conduct robust, joint command and control operations June 18-23.

According to Rear Adm. Bill Goodwin, commander of ALCSG, exercises like Valiant Shield enable the United States to enhance joint operations proficiency.

"Our armed forces are very effective individually," said Goodwin. "When you bring them together to operate jointly, they

are unstoppable. It's important to practice that joint interoperability."

According to Goodwin, joint interoperability is the key to successfully responding to future contingencies in the Pacific.

"Exercises like this give us an opportunity to ensure our command, control and communications procedures are seamless," he said.

USS Abraham Lincoln's (CVN 72) Commanding Officer, Capt. Andy McCawley said that the training and experience

gained from Valiant Shield will be invaluable.

"Valiant Shield allows us, and other forces in the Pacific, to exercise critical command and control functions through complex warfighting scenarios, enabling real world proficiency in sustaining joint forces," said McCawley.

"The interoperability between not only the three carrier strike groups involved, but with the other services involved will ensure our capabilities to project power ashore are strengthened, and that we can do so in conjunction with our



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Awards

Spotlight Sailors



AN Paul Mootrey
AIMD/IM-2

Hometown:

NOT FOR PUBLIC RELEASE

Reported on board:

Dec. 26, 2003

Advice to new Sailors:

"Get as much out of the training available and do what you're told and you will go far."

Reason he joined the Navy:

"Travel and college money."

Something AN Mootrey is looking forward to:

"Going back to school."



AEAN Daniel Driskill
HS-2

Hometown:

NOT FOR PUBLIC RELEASE

Reported on board:

Dec. 5, 2005

Hobbies:

I like playing basketball and working out.

Reason he joined the Navy:

"After Sept. 11, I felt that my country needed me and the least I could do for all the great things that have been given to me is to serve."

The most memorable event in AN Driskill's career:

"Having the opportunity to work with and meet with people from different places, different backgrounds and different cultures."



Want to remember all the exciting ports we hit this underway? How about remember the 5,000 people you spent five months with? If yes, then cruise books are now on sale on the aft mess decks. Get your orders in today!



June 16, 1944

The destroyers Melvin and Wadleigh (DD 689) sink the Japanese submarine RO-114 off Tinian in the Marshall Islands, while escort Burden R. Hastings (DE 19) sends Japanese submarine RO-44 to the bottom off Eniwetok.

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Commanding Officer.....	Capt. C.A. McCawley
Executive Officer.....	Capt. (Sel) T. E. Nosenzo
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Assistant PAO.....	Ens. Brett Dawson
Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
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	MC3 James McGury
	MCSN Ronald Dallatore
	MCSN James Evans
	MCSN Timothy Roache
	MC3 Jordon Beesley

News

Accomplishing The Other Mission

FROM FLEET MASTER CHIEF (SS/SW)
RICK WEST

Warriors, a big hoo-yah to all of you out there. Back in from a great trip to San Diego and Pascagoula, Miss., to visit our Warriors who are manning the pre-commissioning ships. I'm glad to report that I am still amazed at the level of quality and professionalism that I'm constantly barraged with.

During the last few columns, I've been talking up a lot of items you've probably already heard a little about, but I had points I needed to drive home. This time I want to draw your attention to a mission we don't always see.

Back in April, quite a few medical warriors from the Navy and our sister services joined up with the Military Sealift Command and took off from San Diego heading for the Western Pacific and Southeast Asia.

Along the way a bunch of good folks from nongovernmental organizations (NGOs) like Project HOPE, Hawaii's Aloha Medical Mission, the Tzu Chi Foundation, the Sahaya Foundation, the Philippine Red Cross, and the University of California – San Diego Pre-Dental Society, just to name a few, will be joining up with MERCY throughout her five-month deployment.

The MERCY isn't going out to conduct counter-terrorism operations, and they won't be patrolling for pirates or searching for submarines. In fact there's only one thing they are looking for – THOSE IN NEED OF ASSISTANCE.

I'm talking about the USNS MERCY and its current humanitarian mission. I'm talking about a lot of military doctors, nurses, and corpsmen partnering up with their civilian counterparts from all over this part of the world – as well as our Pacific region military friends and allies - to reach out to those areas where people need help.

And it's not just the medical folks either. Our SEABEES continue to be everywhere. Warriors from Naval Construction Bat-

alion 40 joined the mission to lend their construction skills to projects like new sidewalks, painting, and building repair.

And backing it all up as ambassadors of good will is the Navy's Show Band out of Norfolk. Using the universal language of music, they are already a hot ticket at every port visit so far. I'm here to tell you that they have standing-room only audiences wherever they go.

OK, so I hear some folks saying, "Yeah, big deal, Master Chief." Well, actually it is a big deal, so let me tell you why and why it matters to you.

If you think back over the last 24 months, some of the Navy's biggest deployments efforts have been what? I'll give you a hint – USS ABRAHAM LINCOLN, USS BONHOMME RICHARD, USNS MERCY, USNS COMFORT, USS BATAAN, USS IWO JIMA, among others – any of these names ring a bell?

If they don't they should because they were some of the ships responding to major natural disasters internationally and at home.

As the most powerful and professional naval force in the world, it's our responsibility to be able to respond to these catastrophes. Never mind that we are protecting peace and stability in a region

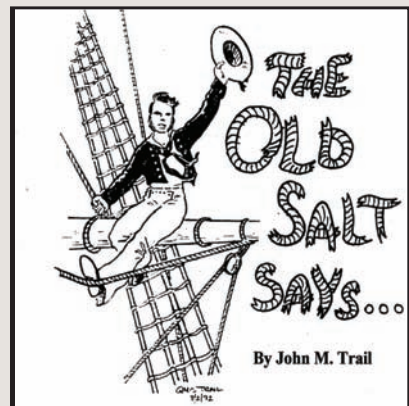


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Sea Legs

When you go to sea, other Sailors will judge your measure of stability by the way you walk about the ship when she is underway. This is called having your "sea legs."

A new Sailor, or one who has not been underway for awhile, and is having a hard time keeping his footing is said to "have not gotten his sea legs." Also, believe it or not, some Sailors get "land sickness" when they pull into port. When they are out to sea and are "sea sick" they are said to be "green behind the gills," but if you have ever run before a couple of whole gales or ridden out a typhoon for a week or so, your system becomes so used to the roll, pitch and yaw of the ship that when you finely touch dry land you wobble around for awhile, until getting used to being ashore.



Features

Moving Up, One Rank At A Time

MCSN JUSTIN BLAKE
Penny Press staff

Sailors were advanced to the next highest pay grade June 10, 2006, aboard USS Abraham Lincoln (CVN 72) during a "frocking" ceremony held in hangar bay two.

Lincoln frocked 24 1st Class Petty Officers, 50 2nd Class Petty Officers and 129 3rd Class Petty Officers in front of the ships crew. The Sailors' respective department heads and Commanding Officer, Capt. C.A. McCawley, were on hand to congratulate the petty officers.

For many newly advanced petty officers, the advancement marks a major step in their Naval career.

McCawley emphasized that the newly frocked 3rd Classes now have, "increased authority and willingly accept greater responsibility. Strive with renewed dedication to the valued ideal of service with honor," he added.

"I now am able to help the Sailors under me, and help the Sailors above me with as much as possible," said newly

advanced Machinist's Mate 3rd Class Jeb Essmann of Engineering Department.

Whether joining the Navy for the G.I. Bill or if he decides on a 20-year career, Essmann believes that, "advancing will open a lot of options for me, wherever my life might take me."

For Sailors who picked up 1st Class, this is another big step toward putting on khakis and becoming one of the select few as a Navy Chief Petty Officer.

One Sailor who has made that next career step is Air Traffic Controller 1st Class (AW/SW) Francisco Munoz. Munoz said he is honored to, "know that I have more authority to help out our junior Sailors in the Navy."

According to the Blue Jackets Manual, the "frocking" ceremony can be traced back to the early 1800s. The wearing of a higher rate before receiving the pay of the rate was necessary at times, especially during war, to swell the ranks. The term "frock" originally related to a monk's cloak, and meant, "to invest with privilege."

USS Abraham Lincoln (CVN 72) is currently on a scheduled deployment in the Western Pacific Ocean.



MISSION *Continued from page 3*

when we help. That is important, but just as important we are showing our real power -- our compassion, our generosity, and our commitment to our fellow man.

So why do you, the average Sailor, care? Simple. More than likely during your career (however long or short) you're going to get the call to assist.

We all will.

And missions like MERCY's not only provide great medical care to people who need it, but it gives us the chance to train our response skills, to work with the host nations and NGOs so we have working relationships in place whenever the call goes out.

I don't know if you have seen any of the photos or stories coming from MERCY lately, but they clearly demonstrate how close a partnership we have with our regional allies and the NGOs. They also

show why we'll need these partnerships in the future.

Go take a gander at their website photo gallery at http://www.cpf.navy.mil/news_images/Mercy/photos.htm. You will see Project HOPE, Air Force, foreign military and Navy professionals working side by side. You will see an Aloha Medical Mission physician getting a chance to help people in need because the Navy now knows how best to help him do that.

You will also see the Pacific Fleet Commander, Adm. Gary Roughead, out there too. Why? Because it's that important. The fleet commander knows that for the right response, we need to get there and partner up quickly, so he's involved.

Other NGOs and host nations will join in as MERCY continues along its course. We will help those in need, we will build trust and confidence in each other, and we will train for when the unthinkable occurs.

This comes from working together; learning about each other, knowing the protocols and procedures to make sure the mission gets done. We will respond more quickly with the right people and right equipment in the right place. Now people are being helped when they need it most, and we are better prepared to support our regional friends and allies while protecting stability and peace.

Warriors, there's an old saying that goes, "those who have the most, should give the most." As Americans, we have the privilege of living in one of the most prosperous countries in the world. And likewise our compassion and generosity is just as great. MERCY is demonstrating that compassion and commitment.

So a big "hoo-yah!" to all my MERCY shipmates – military and civilian. You are doing great work, and we thank you for it. Keep charging!



WEEK
AT

A
GLANCE

PHOTOS BY MCSN EVANS, MCSN WILSON, AND MC3 BEESLEY

News

Sailors Warned Of VA Data Compromise

FROM CHIEF OF NAVAL PERSONNEL
PUBLIC AFFAIRS

The Department of Veterans Affairs (VA) announced June 3 that active-duty Sailors may be affected by the theft in May of military personnel data.

According to the VA, a duplicate database with data files was stolen from a VA employee's home May 3. While the VA has received no reports that the stolen data has been used for fraudulent purposes, they are asking all veterans to be extra vigilant and to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions.

Several resources are available for people to go to for more information. The Department of Veterans Affairs has set up a special Web site (www.firstgov.gov) and a toll-free telephone number (800-FED-INFO or 800-333-4636) that feature up-to-date news and information on the data compromise. The site offers tips on how to check credit reports, how to guard against identity theft and whom to call if an individual believes any

fraudulent activity is occurring using his or her personal information.

The Navy and Department of Defense are working closely with the VA to determine how many Sailors and other service members may be affected by the compromise of records. Sailors whose information has been compromised will be notified by a letter from the VA and the Navy so they can take the appropriate steps.

Tips on how to watch for suspicious activity include the following:

Closely monitor your bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early.

Place a 90-day fraud alert on your credit report, which tells creditors to contact you before opening any new accounts or making any changes to your existing accounts. This action may cause some delays if you are trying to obtain new credit.

It is only necessary to contact one of three companies to place an alert. That company is then required to contact the other two.

The three companies are Equifax (800-525-6285, www.equifax.com), Experian (888-397-3742, www.experian.com) and TransUnion (800-680-7289, www.transunion.com).

Once the fraud alert has been posted, you are entitled to free copies of your credit reports. Review these reports for inquiries from companies you haven't contacted or accounts you didn't open. The alert can be renewed after 90 days.

Sailors are advised to take the following steps if they discover fraudulent accounts or transactions:

Contact the financial institution to close the fraudulent account(s) that have been tampered with.

File a report with the local police department.

File a complaint with the Federal Trade Commission by phone at 877-438-4338, online at www.consumer.gov/idtheft or by mail a letter to Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington, DC 20580.

ASW

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"We have liaisons from the Japanese," he said. "We also sent [U.S. Navy] representatives over [to their ships]. It's good to have bilingual individuals to help us iron out some of the communication issues."

Steffen said it is important to include U.S. allies in exercises like these.

"Japan is a major ally in the Eastern hemisphere," he said. "It is important for us to maintain our proficiency with them. Coalition forces aren't the future, they are *now*. We don't do anything by ourselves any more. Bilateral or multi-national forces are the present."

Steffen said exercises like these help promote international relationships between the United States and its allies.

As part of the exercise, Rear Adm. Bill Goodwin, commander of ALCSG, visited the JMSDF ship JDS Chokai (DDF 176) to observe operations.

"It is important to train with our Japanese allies," said Goodwin. "Not only does it reinforce our commitment to support the people of Japan, it increases both militaries' abilities to cooperate with one another in realistic scenarios."

ALCSG is on a routine deployment to train with coalition partners to improve the ability to operate with naval forces from many nations.

SHEILD

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counterparts in the other armed services of the United States," he added.

Valiant Shield, one of the largest exercises in the Pacific, demonstrates the United States' commitment to peace and stability in the Asia-Pacific region. Along with Abraham Lincoln, Kitty Hawk and Ronald Reagan Carrier Strike Groups, as well as units from the United States Marine Corps, Air Force and Coast Guard are participating in the exercise held in the Guam operating area.

To learn more about Valiant Shield, visit the Web site at www.pacom.navy.mil

Local News

Bone Marrow Registry June 2006

FROM ABE'S MEDICAL DEPT.
Special to Penny Press

The USS Abraham Lincoln CVN-72 and the C.W. Bill Young Marrow Program will be conducting a bone marrow registry on June 28, 2006. Our goal is to surpass the record held by the USS Nimitz of 1,800 personnel registered. We need to take the record!

The C.W. Bill Young Marrow Donor Center was established in Kensington, Maryland by the United States Department of Defense. The Naval Medical Research Center manages the program with instruction from the DOD. The goal of the DOD Bone Marrow Donor Program is to register personnel for the national registry by coordinating all of the medical and logistic support for volunteers. Eligible volunteer donors include active duty, active duty dependents, DOD civilians, Reservists, Coast Guard, and National Guard members.

There are greater than 500 patients in the DOD that have been diagnosed with a disease requiring a bone marrow transplant.

Bone marrow transplants may be necessary after a chemical or radiation exposure during a mass casualty. Many of the chemical and radiological agents can destroy bone marrow. Immediate bone marrow transplants may be required. By having a list, we can expedite this life-saving treatment.

Please come to the mess decks on 28 Jun 06 to volunteer for the USS Abraham Lincoln's 2006 Bone Marrow Registry.

The process of becoming part of the National registry for bone marrow donors is very easy. **A BLOOD SAMPLE IS NO LONGER REQUIRED.** You will be asked to fill out two pieces of paper and swab the inside of your mouth with q-tips.

There are very few restrictions to registering. You can register even if you have been refused as a blood donor! The only two serious restrictions are ACTIVE CANCER and HIV. Everyone else can register. If your cancer has been in remission for over

a year, you CAN register.

It is free on the ship! If you register outside of the DOD drive, it often will cost you \$65+ dollars to register!

On the day of the drive, you will fill out paperwork and q-tips will be used to swab the inside of your cheek. The collection of cheek cells takes seconds! That is it. Now, your sample will be entered into the National Registry.

Patients who need a bone marrow transplant are matched with individuals on the National Registry List. If you match, then you will be asked to donate bone marrow. This may be months to years after you become part of the registry. Most individuals on the list NEVER match with a patient. You have less than a 2% chance of being selected as a donor. Again, even if you match, you make the decision!

It is much easier than ever before to donate bone marrow. If you are matched with a patient, you will be asked to donate. It is up to you, if you would like to proceed! No one can force you to donate! If you decide to donate to a matched patient, then you will be given a medication one week prior to donating. This medication will help pull out bone marrow cells into your blood. All blood cells start out in the bone marrow! After some of your bone marrow cells are in your blood stream, a machine is used to extract the cells. It is similar to giving platelets. Blood is taken out of your arm and put into a machine. The machine takes out the bone marrow cells and puts the rest of the blood back into your other arm. Extracting bone marrow cells takes approximately two hours. While your cells are being extracted, you can watch a movie, eat cookies, and drink juice. Before you know it, you have saved a life!

If you do match and are selected to be a donor, the DOD will pay for and all expensed paid trip for you and a friend to fly to George Washington University in Washington D.C.

Although the extraction takes two hours, the DOD will pay for five days in Washington D.C.



Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo By MCSN James Evans

Aviation Boatswain's Mate (Fuels) 3rd Class Michael Irwin tests aviation fuel samples for sediment and water contamination onboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN-72).

Editor's Top 10

Post-it notes your friends sent from your unlocked e-mail account....

10. Looking for Punky Brewster DVD box sets.
9. Looking to buy used shower shoes.
8. Someone stole my teddy bear. I can't sleep without it.
7. Selling a slightly used jock strap. Worn once, washed twice. \$20.
6. Looking for someone to play Magic or D&D with. I'm a level 12 hunter!
5. We're having a Ben Affleck movie night. Looking for a copy of Gigli.
4. I'm lonely, looking for someone to hang out with in Hawaii.
3. Found: PSP in A Gang head. You'll never see it again..
2. Looking to buy silk My Little Pony sheets.
1. Chuck Norris Rules!!!



PHOTO BY SK1(SW/AW/SS) RICHARD WARD

USS Abraham Lincoln Safety Department's

Safety Sailor of the Week

CSSN Leon Pesek



While painting a bulkhead on the aft messdecks, Culinary Specialist Leon Pesek of Supply's S-2 used the proper PPE (goggles, a respirator and nitrile gloves).

For using the proper PPE, CSSN Pesek is this weeks Safety Sailor.